




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Asian Chicken WG Brown Rice WG Chow Mein Noodles Crunchy Broccoli with Ranch Seasonal Fruit Choice of Milk	2 WG Cheesy Pull Aparts Marinara Sauce Cup Steamed Carrots (1/4 cup) Seasonal Fruit Choice of Milk	3 Teriyaki Meatballs over WG Brown Rice Baby Carrots with Ranch Seasonal Fruit Choice of Milk	4 WG Quesadilla Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk
7 BRUNCH FOR LUNCH Brunch for Lunch French Toast Sticks (3) with Syrup Yogurt Cup Sunset Sip Juice Warm Cinnamon Apples Choice of Milk	8 POTATO LOVERS DAY  Turkey Hot Dog on WG Bun Ketchup Packet (2) Roasted Potatoes Seasonal Fruit Choice of Milk	9 NATIONAL PIZZA DAY Domino's Cheese Pizza Steamed Carrots Seasonal Fruit Choice of Milk 	10 WG Beef and Cheese Burrito Taco Sauce Seasoned Beans Seasonal Fruit Choice of Milk	11 <p style="text-align: center;">No School</p>
14 <p style="text-align: center;">No School</p>	15 Chicken Alfredo over Non-WG Pasta WG Breadstick Romaine Salad with Ranch Seasonal Fruit Choice of Milk	16 BBQ Turkey Meatball Sub with Shredded Cheese on WG Bun Vegetarian Baked Beans Seasonal Fruit Choice of Milk	17 Salisbury Steak WG Biscuit Mashed Potatoes Seasonal Fruit Choice of Milk	18 Shredded Turkey in Gravy on WG Croissant Steamed Green Beans or Carrots Seasonal Fruit Choice of Milk Oreo (2 ct)
21 Non-WG Mac and Cheese (1/3 c) with Diced BBQ Chicken (1/4 c) WG Pretzel Breadstick Baby Carrots with Ranch Seasonal Fruit Choice of Milk	22 BRUNCH FOR LUNCH Chicken Smackers (10) WG Waffle or Pancake Pouch Syrup Cup and BBQ Packet Sunset Sip Juice Seasonal Fruit Choice of Milk	23 Chef's Salad with Diced Turkey Ham, Shredded Cheese and Ranch Dressing WG Dinner Roll with Margarine Assorted WG Graham Cracker Seasonal Fruit Choice of Milk	24 TORTILLA CHIP DAY Chicken Nachos with WG Tortilla Chips (1 oz), Shredded Cheese, Shredded Lettuce and Salsa Cup Assorted WG Graham Cracker Seasonal Fruit Choice of Milk 	25 Hamburger on WG Bun Ketchup Vegetarian Baked Beans Seasonal Fruit Choice of Milk
28 BRUNCH FOR LUNCH Chicken Breakfast Sausage, Egg and Cheese Breakfast Sandwich on WG Biscuit Sunset Sip Juice Seasonal Fruit Choice of Milk	MILK FOR SCHOOL: SKIM WHITE LOW FAT WHITE SKIM CHOCOLATE MENU SUBJECT TO CHANGE			

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February Nutrition Tip: Heart Month

Nutrition has a huge impact on heart health. Reducing sodium and unhealthy fats can reduce the risk of cardiovascular disease, heart attacks and strokes. This month, try lowering sodium intake so your heart can love for longer!

Source: <https://www.heart.org/en/healthy-living>

For recipes and ideas, click the QR Code!

